Wellness Guide

7 small steps to BIG changes.

1. Get Active
Lower blood pressure and other risk factors: visit www.startwalkingnow.org
Decrease bad cholesterol; increase “good” HDL cholesterol
Reduce feelings of stress; increases self-confidence
Walk 30 minutes a day all at once or in sessions of 10 minutes each
Take an evening walk with your family instead of watching TV
Listen to audio books and walk instead of seating with a paper book

2. Control Cholesterol
Reduce the risk of excessive fat flowing in your bloodstream
Prevent your arteries narrow or block
Reduce your risks
Eat more fruits, grains, and vegetables which contain no cholesterol
Limit saturated fats, trans fats & cholesterol from meats, butter, and dairy
Know your numbers and what they mean: www.heart.org/conditions

3. Eat Better
Keep a balanced diet for a healthier heart www.heart.org/nutritioncenter
Vegetables are high in vitamins, minerals, nutrients, and fiber
Control your risk of heart disease by lowering sugar and cholesterol
Limit foods and drinks that are high in calories but low in nutrients
Avoid processed meals; bake or broil instead of frying
Split your plate in 3 sections: veggies, lean meat, whole grains

4. Manage Blood Pressure
High blood pressure shows no symptoms; it can injure or kill you
Young adults and children can also have high blood pressure
Protect your body so tissue receives supplies of blood rich in oxygen
Don’t trust how you feel. Know your numbers! normal reads 120/80mmHg
Consume a healthy diet, decrease salt intake, manage stress
Visit your doctor, medication maybe needed to control blood pressure

5. Maintain a Healthy Weight
Lower your risk of heart disease, stroke, diabetes, high blood pressure
Control your Body Mass Index get your measure at www.heart.org/bmi
Enjoy more physical activities
Burn as many calories as you eat
Monitor your progress, keep motivated, involve friends in the challenge
Set short term goals to lose weight; reward your self with fun activities

6. Reduce Blood Sugar
Insulin resistance or diabetes increase the risk of heart disease & stroke
Adults with diabetes are 2-4 times more at risk of heart disease or stroke
High blood pressure encourages growth of plaque in your arteries
Eat small portions more frequently during the day
Choose longer-to-digest carbohydrates: whole wheat, fruits, vegetables
Drink enough water; reduce refined carbohydrates: donuts and sugar

7. Stop Smoking
Smokers have higher risk of suffering from heart disease and stroke
Smoking decreases the “good” HDL cholesterol
Smoking is the single most preventable cause of death in the U.S.
Focus on the positive aspects of quitting; manage stress
Start by smoking less cigarettes; know your triggers: driving, drinking
Involve someone else for support

Learn and Live
Visit www.MyLifeCheck.org
Take the simple test to assess your health
Share the site with your friends, and family
<table>
<thead>
<tr>
<th>Life's Simple 7</th>
<th>Poor Health (Warning)</th>
<th>Intermediate Health (Needs Improvement)</th>
<th>Ideal Health (Excellent)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Physical Activity</strong></td>
<td>Adults over 20 years of age: Little to none</td>
<td>Up to 149 min/wk moderate or up to 74 min/wk vigorous or both</td>
<td>150 or more min/wk moderate or 75+ min/wk vigorous</td>
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<tr>
<td></td>
<td>Children 12-19 years of age: Little to none</td>
<td>Up to 60 minutes of moderate or vigorous activity every day</td>
<td>More than 60 minutes of moderate or vigorous activity every day</td>
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</tbody>
</table>

| **2. Cholesterol** | Adults over 20 years of age: 240 or more mg/dL | 200-239 mg/dL or treated to goal | Less than 170 mg/dL |
| | Children 6-19 years of age: 200 or more mg/dL | 170-199 mg/dL | |

| **3. Healthy Diet** | Portions per day: 0-1 components | 2-3 components | 4-5 components |
| | Portions per week: 2-3 servings of fish | Less than 1,500mg of sodium | |

| **4. Blood Pressure** | Adults over 20 years of age: Systolic 140 or more, Diastolic 90 or more mm Hg | Systolic 120-139, Diastolic 80-89 mm | Systolic less than 120, Diastolic less than 80 |
| | Children 8-19 years of age: More than 95th percentile | 90th-95th percentile or Systolic 120 or more, Diastolic 80 or more | Less than 90th percentile |

| **5. Healthy Weight** | Adults over 20 years of age: 30 or more kg/m² | 25-29.9 kg/m² | Less than 25 kg/m² |
| | Children 2-19 years of age: 95th or more percentile | 85th-95th percentile | Less than 85th percentile |

| **6. Blood Glucose** | Adults over 20 years of age: 126 mg/dL or more | 100-125 mg/dL or treated to goal | Less than 100 mg/dL |
| | Children 12-19 years of age: 126 mg/dL or more | 100-125 mg/dL | Less than 100 mg/dL |

| **7. Smoking Status** | Adults over 20 years of age: Current smoker | Quit less than 12 months ago | Never smoked or quit more than 12 months ago |
| | Children (12–19): Tried prior 30 days | | |